

WE CLAIM:

1. A method for delivering a medicament to an individual comprising the steps of:

• providing a chewing gum that includes a medicament in the chewing gum composition;

• chewing the chewing gum to cause the medicament to be released from the chewing gum composition into the buccal cavity of the individual; and

• continuing to chew the chewing gum thereby creating a fluid pressure causing the medicament to enter the systemic system of the individual through an oral mucosa of the individual.

2. The method of Claim 1 wherein the chewing gum is chewed for at least 2 minutes.

3. The method of Claim 1 wherein the chewing gum creates a saliva content of medicament of approximately 1700 to about 4400 ppm.

4. The method of Claim 1 wherein the medicament is chosen from the group consisting of: analgesics; muscle relaxants; antibiotics; antivirals; antihistamines; decongestants; anti-inflammatories; antacids; psychotherapeutic agents; insulin; vitamins; minerals; and cardiovascular agents.

5. The method of Claim 1 including the steps of chewing a chewing gum including the medicament at least twice a day.

6. The method of Claim 1 wherein the chewing gum creates a saliva content of medicament of approximately 4 ppm to about 450 ppm.

7. A method for reducing the amount of agent necessary to achieve an effect in an individual as compared a typical agent that is swallowed comprising the steps of:

providing a chewing gum including an agent that is typically swallowed by an individual to achieve a specific effect, the chewing gum including less than the typical amount of agent that is swallowed by the individual to achieve the effect;

chewing the chewing gum and thereby causing the agent to be released into the saliva of the individual; and

continuing to chew the chewing gum forcing the agent through an oral mucosa contained in a buccal cavity of the individual.

8. The method of Claim 7 wherein the agent is a medicament.

9. The method of Claim 8 wherein the medicament is <sup>11 2</sup>chosen from the group consisting of: analgesics; muscle relaxants; antibiotics; antivirals; antihistamines; decongestants; anti-inflammatories; antacids; psychotherapeutic agents; and cardiovascular agents.

10. The method of Claim 7 wherein the chewing gum is chewed for at least 2 minutes.

11. The method of Claim 7 wherein the chewing gum creates a saliva content of medicament of approximately 15 to about 440 ppm.

12. The method of Claim 7 including the steps of chewing a chewing gum including the medicament at least twice a day.

13. The method of Claim 7 wherein the agent is a stimulant.

14. A method of enhancing an individual's performance comprising the steps  
of:

- ① providing a chewing gum including a performance enhancing amount of caffeine;  
and  
② chewing the chewing gum not more than ten minutes before the performance.

③ <sup>9</sup> Prior to eating, prior to drinking  
Prior to running or swimming  
Prior to sleep

15. The method of Claim 14 wherein the performance to be enhanced is  
athletic.

16. The method of Claim 14 wherein the performance to be enhanced is  
cognitive.

17. The method of Claim 14 wherein the performance to be enhanced is  
alertness.

18. The method of Claim 14 wherein the chewing gum is chewed five minutes  
or less before the performance.

19. A method of delivering a medicament comprising the steps of:  
providing a chewing gum including a medicament; and  
chewing the chewing gum for at least 2 minutes in a buccal cavity of an  
individual chewing the chewing gum.

20. The method of Claim 19 wherein the medicament is chosen from the  
group consisting of: analgesics; muscle relaxants; antibiotics; antivirals; antihistamines;  
decongestants; anti-inflammatories; antacids; psychotherapeutic agents; and  
cardiovascular agents.

21. The method of Claim 19 including the steps of chewing a chewing gum  
including the medicament at least twice a day.

22. The method of Claim 19 wherein two pieces of chewing gum are chewed at a time.

23. A method of increasing the stimulatory effect of a stimulant that has been previously swallowed by an individual comprising the steps of:  
providing a chewing gum that contains the stimulant; and  
chewing the chewing gum causing the stimulant to be released by the chewing gum and forced into an oral mucosa located in a buccal cavity of the individual.

24. The method of Claim 23 wherein the stimulant is caffeine.

25. The method of Claim 23 wherein the chewing gum creates a saliva content of medicament of approximately 15 to about 440 ppm.